

## Frequently Asked Questions for Prostate Artery Embolization

- **What are the beads made of?**
  - With few exceptions, the beads we typically use are made of polyethylene glycol.
- **Are the beads permanent?**
  - The beads are permanently lodged in the blood vessel. They cannot move. Over long periods of time, the prostate can recruit new blood supply, which is why the results are not permanent. On average, results will last five to seven years.
- **Can I take my morning medications the day of my procedure?**
  - You can take your normal morning medications the day of your procedure with a small sip of water, with the exception of blood thinning medications and insulin. If you normally take medication for blood pressure in the morning, please take this medication.
- **Consent**
  - You will need to sign a written consent for the procedure to be performed, which will be given to you at your procedure. Full details of the procedure, including relevant risks are discussed during the consultation. Any additional questions can be asked when the physician meets with you before your procedure starts.
- **How long is the procedure?**
  - For most people the procedure is approximately one to two hours. However, everyone's anatomy is different. In some cases, the procedure can be less than an hour or sometimes more. After the procedure, you will recover by lying flat for one hour or more if needed.
- **Will I be asleep during the procedure?**
  - You will receive moderate sedation. We do not use general anesthesia or deep sedation. It is a moderation twilight sedation. You may or may not fall asleep, but you will not be "knocked out."
  - The procedure is generally not painful. The only thing you will typically feel is the numbing medication, which feels like a bee sting for about 5 seconds.
  - At the end of the procedure, when the vascular closure device is placed, you may feel some pressure or brief discomfort at the site. This is normal and usually lasts only a short time.

- **Are there any restrictions after my procedure?**
  - Do not lift anything over ten pounds for one week. No squatting, straining, bicycle, golf, bowling, mowing lawn, shoveling snow, or any activity more vigorous than walking for one week. Using stairs is ok. Please review your discharge instructions for more details. These restrictions are to prevent bleeding at the puncture site.
- **What kind of symptoms can I expect after my procedure?**
  - You may experience an increase in urinary frequency and urgency. Some people have burning with urination and bladder spasms. This is temporary and will go away.
- **How long will symptoms last after my procedure?**
  - For most people, symptoms will last a few days. Sometimes symptoms can last longer. We provide medications to help with these symptoms, but they will not take them away completely. Please take medications as prescribed and drink plenty of water during this period.
- **How long will it take before I feel improvement in my urination?**
  - Urination will not improve right away. It typically takes about three weeks before you feel any improvement and will continue to improve for several months.
- **What if I have blood in my urine after the procedure?**
  - While not common, it is possible to have blood in your urine after your PAE. This will usually resolve on its own. You should make sure to drink plenty of water. If you cannot urinate or feel dizzy/light headed, you need to let us know urgently or go to the emergency department.
- **Will the procedure affect my bowel movements?**
  - Generally, there is no effect on bowel movements. However, we do not want you straining for one week after the procedure. If constipation is a problem, you should address this ahead of time.

- **Are there sexual side effects?**
  - One of the advantages with PAE is generally not having any effect on sexual function. While erectile issues are theoretically possible, the risk is extremely low to where it is not typically discussed.
  - While not common, it is possible to have a temporary decrease in the volume of semen.
  - Rarely, someone can have retrograde ejaculation (dry ejaculation) where the semen is directed backwards into the bladder. This is a very common side effect of certain prostate medications, but it is generally rare from PAE.
- **When should I have my PSA checked after the procedure?**
  - You should wait three months after the procedure to have your PSA checked. The PAE procedure causes inflammation of the prostate which causes a temporary elevation of PSA. Checking too early will cause unnecessary worry because the result is not useful. As the prostate shrinks over time, your PSA will likely decrease to a new baseline.
- **Do I stay on my prostate medication?**
  - Yes, you should continue taking any prostate medications until you follow up with your Urologist two months after the procedure.
- **If I have a foley catheter, when should I have it removed?**
  - Please make arrangements with your urologist to see if your foley catheter can be removed approximately three to four weeks after procedure.
- **Who do I contact if I have any issues after the procedure?**
  - Please contact PrecisionIR for any issues, Monday – Thursday between 7:30 a.m. and 4:00 p.m. The phone number is 947-228-5500.
  - In an emergency, after 4:00 p.m. or on the weekend, please call 911.